

# RACE WALK CLINIC

19 May 2018  
8:30am to 11:00am  
Green Point Stadium



Dear Coach & Athlete

You are invited to attend the WPA Race Walking Clinic, along with your athletes. The clinic will be hosted by the WPA Race Walking Commission in conjunction with Western Province Athletics.

The Race Walking Clinic is geared towards the facilitation of coaches & athletes alike with fundamental race walking training principles.

**This will cover the following:**

1. Race Walking Stretching
2. Race Walking Technique
3. Race Walking Speed and Endurance Training
4. Race Walking Strength Training

The provinces top race walkers will be contributing to the clinic, Gideon Cillie (Current 20km Race Walk Champion) and Jurgen Spencer (One of South Africa's Most Experienced Race Walkers).

**RSVP**

Date: 11 May 2018 @ 13H00  
Contact: Fundiswa Sandi  
Email: fundiswa.sandi@capetown.gov.za  
Cell: 073 526 1120

**RACE WALK CLINIC DETAILS**

When: Saturday 19 May 2018. 8:30am to 11:00am  
Where: Green Point Stadium  
Ages of Athletes: 12 to 25

\*\*\*All athletes are to be accompanied by coaches.